



Exploratory Interview Guide – Older Adults

Name of interviewer:
Name of interviewee:
Place of interview:
Date of interview:

Assisted living? **Circle Y or N**

Start with a few opening/warm-up questions of your choice

Key Questions

1. What things keep you healthy and feeling good and independent? Do you have enough of the things that help you feel that way? If not, what is missing?
2. How do you get from place to place when you need to get around your community?
3. Think back to a time when you had an illness or another type of setback. What and who helped you move forward, and how did you get that help?
4. What or who do your friends and neighbors rely on? (For the interviewer: This may be an organization, such as a church or local club; people, like family and friends; or something else entirely, such as transportation services or a home health aide. Keep in mind: don't provide examples unless asked to do so.)
5. What does it take to have a good day? How do you spend your time, and with whom?

6. What do you want or need in your daily life to thrive? As a senior in this community, what do you see as a need that you and other older adults experience that isn't being met or could be improved?

7. If you had a wish for how your life would be today/tomorrow, what would it be?

8. Is there anything that we should have talked about but didn't?